

# NUTRITIONAL FACTS

The Kansas City Steak Company

## 1 (4.0-4.5lb) Prime Rib Roast

Garlic & Herb Encrusted

Nutrition Facts	
Serving Size 4 ounces (112g)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 170
% Daily Value*	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 8g	<b>40%</b>
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
<b>Protein</b> 20g	<b>37%</b>
Vitamin C 4%	• Calcium C 2%
Iron 10%	• Vitamin B12 30%
<small>Not a significant source of dietary fiber, sugars and vitamin A.</small>	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

### KEEP FROZEN

1 (4.0-4.5 lbs) GARLIC AND HERB ENCRUSTED BEEF PRIME RIB ROAST  
MECHANICALLY TENDERIZED  
CONTAINS UP TO 7% OF A SOLUTION OF: WATER, SALT, SODIUM CITRATE  
AND POTASSIUM PHOSPHATE. ENCRUSTED WITH: SPICES, YEAST  
EXTRACT, DEHYDRATED GARLIC, GARLIC POWDER, SALT AND PARSLEY.

**Cooking Instructions:** Bake until product  
reaches **145°F** as measured with a Food  
Thermometer, and hold the product at or  
above that temperature for 3 minutes.

**NET WEIGHT 4.00 lbs (64oz)**